

Spicy Tofu Lettuce Cups

Makes: 10 Servings

"I was born in China and adopted as a baby. Even though I haven't lived in China for a long time, I still love Chinese flavors," says Jessica. "This is a traditional Chinese dish called ma-po tofu that my mom and I added a lot of vegetables to, so it's healthier and easier to eat at lunch. The lettuce helps you to add a lot of veggies because you can wrap up whatever you want to include, then crunch them up together like you were using a tortilla."

Ingredients

For the sauce:

- 1 cup** chicken broth
- 6 tablespoons** reduced-sodium soy sauce
- 2 tablespoons** sugar
- 2 tablespoons** chili-garlic sauce
- 2 tablespoons** sesame oil

For the tofu:

- 1 tablespoon** vegetable oil
- 2 tablespoons** minced garlic
- 2 tablespoons** peeled and minced fresh ginger
- 1 pound** ground chicken breast
- 1 package** firm tofu, drained of liquid (press between paper towels) and cut into cubes
- 2 tablespoons** cornstarch
- 1 tablespoon** water
- 1** head iceberg lettuce, leaves separated
- 1** red bell pepper, seeded and thinly sliced
- 1** medium cucumber, peeled and thinly sliced
- 1** medium carrot, thinly sliced

Directions

Make the sauce:

1. In a small bowl, whisk together the chicken broth, soy



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	154	
Total Fat	9 g	14%
Protein	11 g	
Carbohydrates	8 g	3%
Dietary Fiber	2 g	8%
Saturated Fat	2 g	10%
Sodium	386 mg	16%

MyPlate Food Groups

Vegetables	3/4 cup
Protein Foods	1 ounce

sauce, sugar, chili-garlic sauce, and sesame oil.

2. Set aside, stirring occasionally to ensure the sugar is dissolved.

Make the tofu:

1. In a large sauté pan over moderate heat, warm the vegetable oil. Add the garlic and ginger and sauté for 1 minute. Add the ground chicken and cook, stirring to break up the meat, until the chicken is cooked through and there are no pink spots, about 6 minutes.

2. Add the tofu and the reserved sauce and simmer, covered, until the tofu is warmed through, about 5 minutes.

3. In a small bowl, whisk together the cornstarch and water. Add this to the pan and continue to simmer, stirring, until the mixture is hot, about 2 minutes.

4. Serve by taking one lettuce leaf, adding a few strips of red bell pepper, cucumber, and carrot then spooning some of the tofu mixture on top. Roll and eat.

Notes

State: West Virginia

Child's Name: Jessica Wolfe, 9

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook